



Physical Education

Here at Hollin, we believe every child should have the chance to participate in [Physical Education](#), Physical Activity or School Sport on a regular basis in order to become physically and mentally confident and competent. We want our children to develop a love, enjoyment and a passion for sport therefore continuing this into their later lives.

We have a PE specialist who teaches across each Key Stage. They also support the school when taking part in inter-school games and athletic events. It also allows our children to take part in high quality extra-curricular activities such as: football, netball, hockey, rugby, basketball and cricket.

Children in Year 4 will also learn how to swim. This is delivered by qualified instructors over 17 weeks.

PE overview 2022/23

	Year 6	Year 5	Year 4	Year 3	Year 2	Year 1	Reception	Nursery
Sept (4 weeks)	Tag Rugby		Netball		Football		Ball skills	None
Oct (3 weeks)	Basketball		Rugby	Football	Unihoc		Ball skills	
Nov (4 weeks)	Badminton	Volleyball	Table Tennis	Indoor Tennis	Gymnastics		Gymnastics	
Dec (3 weeks)	Circuit Training				Handball		Unihoc	
Jan (3 weeks)	Darts & Net games	Orienteering	Aerobic Dance	Morris Dance	Barn Dance	Disco Dance	Maypole Dance	Ribbon Dance
Feb (3 weeks)	Gymnastics - BAGA awards programme						Gymnastics	
March (5 weeks)	Football & track PE skills		Unihoc & track PE skills		Netball & track PE skills		Football	
April (2 weeks)	Orienteering	Golf	Tennis	Handball	Flatbat rounders		Netball	
May (4 weeks)	Cricket : 3 weeks Rounders : 1 week		Rounders x3 Cricket x1	Rounders x3 Cricket x1	Tennis		Striking skills (rounders)	
June (4 weeks)	Rounders : 2 weeks Athletics : 2 weeks		Cricket : 2 weeks Athletics : 2 weeks		Cricket		Striking skills (cricket)	
July (3 weeks)	9* Athletics				Mini Stars Athletics			